

# IMPACT OF THE COVID-19 PANDEMIC ON THE MENTAL HEALTH OUTCOME OF PATIENTS WITH PRE-EXISTING MENTAL DISORDERS: PRELIMINARY RESULTS FROM THE BASELINE SURVEY AT THE INAD-PSMAR

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## Background

The covid-19 pandemic may impact negatively on mental health of vulnerable populations, including people with mental illness. This study analyzed the mental health status in a sample of patients from the INAD-PSMAR during the COVID-19 outbreak.

## Method

This is a survey-based study collecting clinical data from patients with mental disorders. The study was conducted from 06/05/2020 to 09/06/2020. We measured the social support using the 3-items OSSS. The magnitude of depression and anxiety symptoms were assessed by the Spanish versions of the PHQ-8 and the 7-item GAD scale, respectively. Suicidal thoughts and behaviors were evaluated with a modified version of the C-SSRS. A descriptive analysis was performed using IBM SPSS Statistics program, v. 20.

## Results

951 adult patients (mean (SD) age, 47.42 (12.30) years) were included in the analysis. Sample characteristics are detailed in Table 1. A total of 336 respondents (35.3%) endorsed depression (PHQ-8 > 15); and 269 (28.3%) anxiety (GAD-7 > 14). In relation to suicidal risk, 378 individuals reported death wishes (39.7%); 201, ideation (21.1%); 201, plans (21.1%); and 21, an attempt (2.2%) during the last month. Low rates of social support (OSSS-3 < 8) were reported by 324 (34.1%) respondents.

## Conclusions

The preliminary results of this survey suggest that early stages of wave 1 of the COVID-19 pandemic are associated with high levels of depression, anxiety and suicidal ideation on patients with pre-existing mental disorders. Understanding the long-term consequences of pandemic among this vulnerable population is essential for improving mental health policy in Spain.

**Table 1. Socio-demographic and clinical data**

	Frequency	%
<b>Sample size</b>	951	100
<b>Gender</b>		
Woman	659	69,3
Men	284	29,9
Other	6	0,6
Missing	1	0,1
<b>Age</b>		
18-24	52	5,5
25-34	102	10,7
35-44	196	20,6
45-54	313	32,9
55-69	265	27,9
>70	23	2,4
<b>Has a partner</b>		
Yes	509	53,5
No	427	44,9
Missing	2	0,2
<b>Mental health measures</b>	<b>mean/SD</b>	
OSSS-3	8,9213 (2,499)	
PHQ-8	12,17 (6,985)	
GAD-7	9,8114 (6,134)	
<b>Abbreviations:</b> SD: standard deviation; OSSS-3: 3-item Oslo Social Support Scale; PHQ-8: 9-item Personal Health Questionnaire Depression Scale, GAD-7: 7-item Generalized Anxiety Disorder		

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